

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																				
																79.5	79.7	No linear change	Not available [§]	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																				
				80.6	75.4	69.9	66.9	58.7	61.2	53.4	52.9	43.4	37.4	39.9	43.8			Decreased, 1999-2021	Decreased, 1999-2017 Increased, 2017-2021	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																				
								34.9	36.4	31.7	27.5	25.6	24.8	23.2	23.0			Decreased, 2007-2021	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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Trend Analysis Report**

**Total
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN12: Percentage of students who were ever bullied on school property																Decreased, 2011-2021	No quadratic change	No change	
								50.4	52.2	47.7	43.8	39.8	38.7						
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																No linear change	No quadratic change	Increased	
								25.8	27.7	27.8	24.7	25.0	29.2						
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2007-2021	No change, 2007-2017 Increased, 2017-2021	Increased	
								17.5	20.7	19.2	17.8	19.8	19.2	22.1	25.9				
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2007-2021	No change, 2007-2017 Increased, 2017-2021	Increased	
								10.9	12.3	11.5	12.5	13.0	13.2	15.7	19.1				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who ever tried to kill themselves																		
								5.9	6.0	5.0	5.1	7.2	6.3	10.3	9.3	Increased, 2007-2021	No change, 2007-2011 Increased, 2011-2021	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
				43.6	38.0	32.9	31.6	23.4	21.1	17.7	17.0	16.2	10.9	10.9	11.6	Decreased, 1999-2021	Decreased, 1999-2017 No change, 2017-2021	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
				13.4	10.0	9.5	8.9	5.7	7.3	5.6	4.2	3.6	2.9	3.6	3.6	Decreased, 1999-2021	No quadratic change	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
				4.6	3.2	2.8	1.9	2.2	1.8	1.4	1.1	0.6	0.4	0.3	0.3	Decreased, 1999-2021	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
				2.9	2.4	1.8	1.4	1.2	1.1	1.0	0.7	0.5	0.2	0.2	0.2	Decreased, 1999-2021	No quadratic change	No change

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†Based on t-test analysis, p < 0.05.

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North Dakota Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												15.5	13.1	20.4	17.4	Increased, 2015-2021	Not available [§]	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																		
													4.7	10.3	8.2	Increased, 2017-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
													0.5	1.2	1.4	Increased, 2017-2021	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

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§Not enough years of data to calculate.

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																			
													0.2	0.6	1.0		Increased, 2017-2021	Not available [§]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																			
													6.2	11.1	9.2		Increased, 2017-2021	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																			
													2.5	2.6	1.3		Decreased, 2017-2021	Not available	Decreased

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †										
Health Risk Behavior and Percentages																												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021													
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																												
																0.3	0.2	0.0	Decreased, 2017-2021	Not available [§]	No change							
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																												
																0.2	0.2	0.0	Decreased, 2017-2021	Not available	No change							
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																												
																4.1	3.8	3.3	2.9	2.7	2.1	1.5	2.0	2.2	1.6	Decreased, 2003-2021	No quadratic change	No change

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †														
Health Risk Behavior and Percentages																																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021																	
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																																
																7.5	11.5	9.7	Increased, 2017-2021	Not available [§]	No change											
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																																
																4.8	5.2	4.6	No linear change	Not available	No change											
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																																
																0.3	0.7	0.5	0.6	0.4	0.4	0.2	0.1	0.2	0.0	Decreased, 2003-2021	No quadratic change	No change				
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																																
																10.1	9.6	6.8	7.9	6.3	4.8	4.0	3.6	4.4	4.0	Decreased, 2003-2021	No quadratic change	No change				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

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Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
						0.3	0.7	0.4	0.4	0.2	0.3	0.1	0.1	0.1	0.0	Not available	Not available [§]	Not available

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey

Trend Analysis Report

Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
								28.2	24.8	21.0	19.2	22.5	20.6			Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
								9.9	12.1	8.3	7.2	6.5	6.1	8.2	6.2	Decreased, 2007-2021	Decreased, 2007-2015 No change, 2015-2021	Decreased
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
								1.9	2.3	2.4	2.9	1.9	1.7	2.0	1.8	Decreased, 2007-2021	No quadratic change	No change
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													4.3	6.8	7.8	Increased, 2017-2021	Not available [§]	No change

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†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †	
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				2019
QN32: Percentage of students who ever had sexual intercourse																			
											8.8	8.0	5.2	5.1	5.5	6.0	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN35: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																			
											72.3	66.1	75.1	61.9	62.1	44.8	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey

Trend Analysis Report

Total

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
				33.0	32.3	31.5	29.8	27.2	26.7	27.1	26.8	27.0	28.5	27.9	32.0	Decreased, 1999-2021	Decreased, 1999-2011 Increased, 2011-2021	Increased
QN37: Percentage of students who were trying to lose weight																		
				43.9	46.2	47.6	46.2	44.1	45.7	45.2	45.9	41.7	41.1	43.1	43.5	Decreased, 1999-2021	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
									7.3	8.2	8.2	9.2	9.2	9.3	13.8	Increased, 2009-2021	Increased, 2009-2017 Increased, 2017-2021	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
									48.2	48.3	46.4	45.8	45.1	42.6	34.7	Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

Total Physical Activity		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
								63.1	62.0	60.0	63.7	63.3	62.8	60.4	62.7	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
								5.0	5.5	4.3	4.9	4.1	5.8	7.0	6.3	Increased, 2007-2021	No change, 2007-2015 Increased, 2015-2021	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
								35.7	34.6	31.7	33.4	34.6	36.7	33.1	34.5	No linear change	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		
														17.0	14.6	Decreased, 2019-2021	Not available [§]	Decreased

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021

QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

1.8 1.2 No linear change Not available[§] No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

Total Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN48: Percentage of students who reported someone did sexual things to them that they did not want to do by pressuring them, lying to them, making promises about the future, threatening to end their relationship, or threatening to spread rumors about them (during the 12 months before the survey)																8.0	8.8	No linear change	Not available [§]	No change	
QN50: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																23.6	26.2	35.1	Increased, 2017-2021	Not available	Increased
QN51: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																7.8	9.0	6.2	No linear change	Not available	Decreased

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †	
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				2019
QN52: Percentage of students who ever had 5 or more drinks of alcohol in a row (within a couple of hours)																			
													6.4	8.1	10.0	6.4	No linear change	Not available [§]	Decreased
QN53: Percentage of students who ever used marijuana (one or more times during their life)																			
													8.3	8.2	8.5	8.1	No linear change	Not available	No change
QN55: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																			
					13.3	13.0	11.9	7.7	6.7	6.2	6.1	6.4	6.0	6.5	6.5		Decreased, 2001-2021	Decreased, 2001-2011 No change, 2011-2021	No change
QN56: Percentage of students who did not eat vegetables (not counting french fries, fried potatoes, or potato chips, one or more times during the 7 days before the survey)																			
								8.5	10.1	8.7	9.0	9.6	10.4	11.2	12.3		Increased, 2007-2021	No quadratic change	No change

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021													
QN57: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																												
									3.2	2.6	2.9	2.5	2.2	2.6	2.1		Decreased, 2009-2021	No quadratic change	No change									
QN58: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																												
													29.0	25.8	18.7		Decreased, 2017-2021	Not available [§]	Decreased									
QN59: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																												
																	70.3	72.0	74.9	74.6	72.1	76.7	75.6	75.3		Increased, 2007-2021	No quadratic change	No change

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Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
								2.0	1.2	1.0	1.3	1.6	0.8	1.3	1.1		Decreased, 2007-2021	No quadratic change	No change
QN60: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)																			
										66.4	65.0	63.1	63.3	64.6	60.2		Decreased, 2011-2021	No quadratic change	Decreased
QN61: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)																			
												33.3	34.6	31.9	24.3		Decreased, 2015-2021	Not available [§]	Decreased

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Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN62: Percentage of students who participate in school activities one or more hours (such as sports, band, drama, or clubs, during an average week when they are in school)																			
												78.9	79.0	76.1	71.3		Decreased, 2015-2021	Not available [§]	No change
QN63: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																			
													70.9	65.2	54.8		Decreased, 2017-2021	Not available	Decreased
QN67: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)																			
														4.1	2.6		Decreased, 2019-2021	Not available	Decreased

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